



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09436, Mango nectar, canned

Report Date: June 30, 2017 14:56 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.8 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g
Proximates					
Water ¹	g	86.63	2	--	217.44
Energy	kcal	51	--	--	128
Energy	kJ	212	--	--	532
Protein ¹	g	0.11	2	--	0.28
Total lipid (fat) ¹	g	0.06	2	--	0.15
Ash ¹	g	0.08	2	--	0.20
Carbohydrate, by difference	g	13.12	--	--	32.93
Fiber, total dietary ¹	g	0.3	2	--	0.8
Sugars, total ¹	g	12.45	2	--	31.25
Sucrose ¹	g	1.02	2	--	2.56
Glucose (dextrose) ¹	g	5.31	2	--	13.33
Fructose ¹	g	5.56	2	--	13.96
Lactose ¹	g	0.00	2	--	0.00
Maltose ¹	g	0.56	2	--	1.41
Galactose ¹	g	0.00	2	--	0.00
Starch ¹	g	0.00	2	--	0.00
Minerals					
Calcium, Ca ¹	mg	17	2	--	43
Iron, Fe ¹	mg	0.36	2	--	0.90
Magnesium, Mg ¹	mg	3	2	--	8
Phosphorus, P ¹	mg	2	2	--	5
Potassium, K ¹	mg	24	2	--	60

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g
Sodium, Na ¹	mg	5	2	--	13
Zinc, Zn ¹	mg	0.02	2	--	0.05
Copper, Cu ¹	mg	0.015	2	--	0.038
Manganese, Mn ¹	mg	0.028	2	--	0.070
Selenium, Se	µg	0.4	--	--	1.0
Vitamins					
Vitamin C, total ascorbic acid ¹	mg	15.2	3	4.624	38.2
Thiamin ¹	mg	0.003	2	--	0.008
Riboflavin ¹	mg	0.003	2	--	0.008
Niacin ¹	mg	0.080	2	--	0.201
Pantothenic acid ¹	mg	0.070	2	--	0.176
Vitamin B-6 ¹	mg	0.015	2	--	0.038
Folate, total ¹	µg	7	2	--	18
Folic acid	µg	0	--	--	0
Folate, food ¹	µg	7	2	--	18
Folate, DFE	µg	7	--	--	18
Choline, total ¹	mg	1.5	--	--	3.8
Betaine ¹	mg	0.0	1	--	0.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	35	--	--	88
Retinol	µg	0	--	--	0
Carotene, beta ¹	µg	402	2	--	1009
Carotene, alpha ¹	µg	0	2	--	0
Cryptoxanthin, beta ¹	µg	26	2	--	65
Vitamin A, IU	IU	692	--	--	1737
Lycopene ¹	µg	0	2	--	0
Lutein + zeaxanthin ¹	µg	0	2	--	0
Vitamin E (alpha-tocopherol) ¹	mg	0.21	2	--	0.53
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta ¹	mg	0.00	2	--	0.00
Tocopherol, gamma ¹	mg	0.02	2	--	0.05

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g
Tocopherol, delta ¹	mg	0.00	2	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone) ¹	µg	0.8	2	--	2.0
Lipids					
Fatty acids, total saturated	g	0.014	--	--	0.035
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.002	--	--	0.005
16:0	g	0.011	--	--	0.028
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.022	--	--	0.055
16:1 undifferentiated	g	0.010	--	--	0.025
18:1 undifferentiated	g	0.012	--	--	0.030
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.011	--	--	0.028
18:2 undifferentiated	g	0.003	--	--	0.008
18:3 undifferentiated	g	0.008	--	--	0.020
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 251g
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8e, 2004 Beltsville MD